

## **ABSTRACT**

A method for controlling vibration energy in a structure having a vibrating member using a vibration confinement device is provided. The vibrating member has boundaries and vibrates relative to the boundaries. The method includes selecting a vibration confinement region in the vibrating member relative to the boundaries. Determining an effective torsional stiffness and an effective translational stiffness for the vibration confinement device is included in the method. The method includes determining an operating position relative to the boundaries for the vibration confinement device on the vibrating member to define a determined position. The method includes positioning the vibration confinement device at the determined position to substantially confine the vibration energy to the vibration confinement region.